한국 / 한국어

리커버리 커널

바텐더 가이드

25 가지 신경화학 기능성 목테일

현지화 스타일 샘플

모든 바에는 술을 마시지 않거나, 마시면 안 되거나, 그 이유를 설명하고 싶지 않은 손님이 있습니다. 이 가이드는 일반적인 바 서비스 안에서 자연스럽게 제공할 수 있는 성숙한 무알코올 음료를 제시합니다.

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ローカル調整	メートル法表記 (ml)
メニューの調子	簡潔で上品、落ち着いたトーン
配色	#2E4057 / #BC002D

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[illegible]	[illegible]	[illegible]
The Warrior	COMT Val/Val — Warrior	[illegible] · [illegible] · [illegible]
The Sparky	COMT Val/Val — Warrior	[illegible] · [illegible] · [illegible]
Shock Rock	COMT Val/Val — Warrior	[illegible] · RDS [illegible] · [illegible]
Mission Fuel	COMT Val/Val — Warrior	[illegible] · [illegible] · [illegible]

[illegible] 1 [illegible]

01. The Warrior

고강도. 보상이 느껴진다. 무너지지 않는다.

COMT Val/Val - Warrior | □□□□□□□□□□□□ - □□□□□□□□ - □□□□□□□□□

グラス	ハイボールグラス
氷	たっぷりの氷
材料	• タートチェリージュース 60 ml • グリーンティー 30 ml（コールドブリューまたは冷ましたもの） • フレッシュライムジュース 22.5 ml • ハニーシロップ 15 ml • アンゴスチュラビターズ 2 dash • ソーダで満たす
作り方	氷を入れたグラスにチェリー、茶、ライム、ハニー、ビターズを加える。ソーダで満たし、一度だけ軽く混ぜる。
飾り	ライムホイールとマラスキーノチェリー
仕組み	タートチェリーにはメラトニン前駆体とアントシアニンが含まれ、酸化ストレスの緩衝に役立ちます。緑茶は鎮静しすぎない穏やかな集中を支える L-テアニンを提供します。ビターズは苦味受容体を刺激し、消化を助けることがあります。
サービスメモ	印刷は ml 表記を維持し、上品で簡潔なメニュー言語に合わせる。
薬に関する注意	グレープフルーツ注意：グレープフルーツを含む飲料は薬の代謝に影響する場合があります。常用薬のある方へ見える注意書きを残してください。

拡張クイックリファレンス — 全 25 ドリンク

この版では、表紙・ローカライズされたデザイン・The Warrior の詳細レシピページを保ちながら、サンプラーをより充実したバーテンダー用アトラスへ拡張しています。

ドリンク	プロファイル	メカニズム
The Warrior	COMT Val/Val — Warrior	ドーパミンの分解が速い・基礎報酬が低い・刺激を求めやすい
The Sparky	COMT Val/Val — Warrior	ドーパミンが落ち込みやすい・新奇性を求める・刺激不足
Shock Rock	COMT Val/Val — Warrior	ドーパミン受容体密度・RDS プロファイル・強い刺激を必要とする
Mission Fuel	COMT Val/Val — Warrior	ドーパミン前駆体の補給・持続する集中・クラッシュなし
The Architect	COMT Met/Met — Worrier	ドーパミンの分解が遅い・不安が蓄積しやすい・過刺激
The Sage	COMT Met/Met — Worrier	GABA サポート・メチル化・ストレス化学物質のクリアランス
The Still	COMT Met/Met — Worrier	コルチゾール調整・HPA 軸サポート・睡眠アーキテクチャ
The Folate	MTHFR 変異 — Depleted	メチル化のボトルネック・神経伝達物質供給不足・ホモシステイン蓄積
The Methyl	MTHFR 変異	SAMe 前駆体・ビタミン B サポート・神経伝達物質合成
The B Complex	MTHFR 変異	ビタミン B 補因子・セロトニンとドーパミンの合成・エネルギー代謝
The Algorithm	報酬欠乏症候群	D2 受容体密度・ドーパミン基準値・快感消失
The Dopamine	RDS	ドーパミン前駆体の補給・チロシン利用可能性・報酬回路サポート
Norm	RDS	トニック・ドーパミン・動機づけの基準値・快感消失への対応
The Serotonin	セロトニン不足	トリプトファン利用可能性・セロトニン前駆体の補給・気分の土台
The Ground	パニック状態	HPA 軸の調整・GABA サポート・コルチゾールの鎮静
The Metabolizer	CYP2D6 低代謝型	解毒サポート・肝負荷の軽減・過敏性への対応
The Burner	CYP2D6 超高速代謝型	持続するシグナル・耐性対策サポート・受容体感受性
The Garden	腸脳軸	マイクロバイオーム支援・腸由来セロトニン・炎症低減
The Patch	物質使用後の腸ダメージ	腸の完全性・栄養吸収・炎症負荷
The Restoration	睡眠アーキテクチャの乱れ	メラトニン前駆体・GABA サポート・夜の HPA ダウンシフト
The Downshift	コルチゾール高値	副腎回復・コルチゾール除去・ドーパミン反跳の管理
The Civilian	社会環境への適応	オキシトシンサポート・社会的安心感・フェニルエチルアミン（社会的結びつき）
Alexa	社交不安	セロトニン利用可能性・社会的な気楽さ・社会負荷下のスト

		レス反応
Siri	オキシトシンサポート	社会的結びつき ・ オキシトシン経路 ・ 離脱後の孤立
The Protocol	総合型	フルスペクトラム支援 ・ MTHFR + COMT + 腸 + 睡眠 + 社会性

□□を保つ□□、この□□版アト□□では元□□イック□□ァレン□□語を維□□ていま□□

深いグリーン。深い静けさ。気負わなくていい。

COMT Met/Met — Worrier | GABA サポート・メチル化・ストレス化学物質のクリアランス

不安が床を突き抜けるようなときに。

パニック状態 | HPA 軸の調整・GABA サポート・コルチゾールの鎮静

ラストコール。いちばん良いコール。

睡眠アーキテクチャの乱れ　|　メラトニン前駆体・GABA サポート・夜の HPA ダウンシフト

05. The Architect

Calm the Signal. Clear the Queue.

プロフィール **COMT Met/Met — Worrier**

対象 **Slow dopamine clearance · Anxiety accumulation · Overstimulation**

グラス: Rocks glass

氷: Large cube

材料

- 60 mL strong cold green tea
- 22 mL fresh lemon juice
- 15 mL honey syrup
- 2 dashes Peychaud's bitters
- Top with soda water
- Muddled cucumber slice

作り方

Muddle cucumber. Add tea, lemon, honey, bitters over ice. Top soda water. Do not shake — stir only.

飾り: Cucumber ribbon + lemon wheel

仕組み

Green tea is the primary L-theanine delivery vehicle at a bar — L-theanine increases alpha brain wave activity, directly counteracting the stress-chemical accumulation of the Worrier profile. Cucumber contributes a cooling, low-stimulation frame, and the deliberate stir-not-shake method keeps the whole build gentle.

バーテンダーノート

The deliberate low-stimulation preparation is part of the experience. No shaker, no drama. This drink is built to feel like everything is already fine.

07. The Still

When the World Is Too Loud.

プロフィール **COMT Met/Met — Worrier · Anxiety profile**

対象 **Cortisol regulation · HPA axis support · Sleep architecture**

グラス: Lowball / rocks

氷: Single large cube

材料

- 60 mL tart cherry juice

作り方

Stir all over large cube. Add tiny soda splash last.

- 30 mL chamomile tea (cooled, strong)
- 15 mL honey
- 3 dashes Angostura bitters
- Splash soda water

Do not shake.

飾り: Dried rosemary sprig pressed to glass

仕組み

Tart cherry juice provides melatonin precursors, while chamomile brings apigenin, a flavonoid associated with gentle calming support. Angostura bitters add a bitter backbone that keeps the drink from reading as juice and supports the slow, evening feel of the build.

バーテンダーノート

This is a slow-sipping drink. Pour it without rush. The rosemary garnish is pressed, not floated — the aromatic is part of the experience, not decoration.

18. The Garden

Heal the Belly. The Mind Will Follow.

プロフィール **Gut-brain axis · Post-substance gut damage · Serotonin production site**

対象 **Microbiome support · Gut-derived serotonin · Inflammation reduction**

グラス: Highball

氷: Full ice

材料

- 90 mL ginger beer (high-quality, live culture)
- 30 mL pineapple juice
- 22 mL lime juice
- 15 mL honey
- 4 fresh mint leaves
- Top with soda water

作り方

Muddle mint lightly. Build pineapple, lime, honey over ice. Top ginger beer, then soda water.

飾り: Mint sprig + crystallized ginger if available

仕組み

Real ginger beer and mint give this page its identity: a bright, digestive profile with cooling lift. Pineapple and honey round the drink and help it feel like a real menu item rather than a wellness shot. It reads social, but the structure is built around gut-first support.

バーテンダーノート

Quality ginger beer matters here — look for bottles with real ginger character, not flat ginger flavoring. The drink should taste alive.

グラス	コリンズグラス
氷	氷をたっぷり
材料	• 60 ml 搾りたてのりんごジュース • 22.5 ml フレッシュライムジュース • 4 フレッシュミントの葉 • 15 ml アガベシロップ • 2 dashes セロリビターズ • ジンジャーエール
作り方	ミントは軽くつぶす程度に。氷の上にアップル、ライム、アガベ、ビターズを重ね、ジンジャーエールで満たして軽く混ぜる。
飾り	フレッシュミントの枝とリンゴのファン
仕組み	GABA サポート・メチル化・ストレス化学物質のクリアランス
サービスメモ	印刷は ml 表記を維持し、上品で簡潔なメニュー言語に合わせる。
薬に関する注意	このレシピにはグレープフルーツ由来の服薬注意はありません。

15. The Ground

グラス	ローボール／ロックス
氷	大きめの氷を 1 個
材料	• 60 ml 冷やした濃いカモミールティー • 30 ml りんごジュース • 22.5 ml レモンジュース • 15 ml はちみつ • 3 dashes ペイショーズ・ビターズ • 海塩ひとつまみ
作り方	大きな氷 1 個の上で静かに混ぜる。シェイクしない。すぐ提供する。
飾り	乾燥ラベンダーを縁に添える（あれば）またはレモンツイストのみ
仕組み	HPA 軸の調整・GABA サポート・コルチゾールの鎮静

サービスメモ	印刷は ml 表記を維持し、上品で簡潔なメニュー言語に合わせる。
薬に関する注意	このレシピにはグレープフルーツ由来の服薬注意はありません。

20. The Restoration

グラス	クープ または ローボール
氷	氷 1 個、または温かい場合はストレートで
材料	• 90 ml 無糖のタートチェリージュース • 30 ml 濃いカモミールティー（冷ましたもの） • 15 ml はちみつ • 2 dashes アンゴスチュラ・ビターズ • Warm option: serve as hot toddy without the cherry and add extra はちみつ
作り方	氷 1 個の上で混ぜるか、マグで温めて出す。シェイクしない。
飾り	乾燥カモミールの花（あれば）またはレモンホイール
仕組み	メラトニン前駆体・GABA サポート・夜の HPA ダウンシフト
サービスメモ	印刷は ml 表記を維持し、上品で簡潔なメニュー言語に合わせる。
薬に関する注意	このレシピにはグレープフルーツ由来の服薬注意はありません。

THE RECOVERY KERNEL

Bartender’s Friend

追加レシピページ

パス 11・JP

Companion booklet for the next three recipe builds.

19. The Patch

The Gut-Brain Patch. Applied Orally.

Post-substance gut damage · MTHFR variant · Malabsorption | Intestinal integrity · Nutrient absorption · Inflammation load

□□□	Rocks
□	Full ice
□□	• 60 ml fresh ginger juice or strong ginger syrup • 30 ml lemon juice • 30 ml apple juice • 15 ml honey • 3 dashes Angostura bitters • Top with soda water
□□□	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
□□	Crystallized ginger on pick + lemon wheel

□□□

Gingerols and shogaols in real ginger directly stimulate digestive motility and reduce intestinal inflammation through COX-2 inhibition — the same pathway targeted by ibuprofen, but without GI damage. Apple juice provides pectin, a prebiotic fiber that selectively feeds Lactobacillus and Bifidobacterium strains. Angostura bitters' bitter compounds stimulate gastric acid and bile production, improving breakdown and absorption of the very nutrients the recovering brain needs.

□□□□□□

This is the advanced ginger shot for people who want the gut support without the full garden. It's sharp, spicy, and self-evidently medicinal. Own it.

□ The gut lining after years of heavy use looks like a clear-cut forest. Gingerols are the ground cover that comes back first. Pectin is the reforestation project.

21. The Downshift

Decelerate. Not Crash. There's a Difference.

Cortisol high · Post-stim state · Stimulant recovery | Adrenal recovery · Cortisol clearance · Dopamine rebound management

□□□	Highball
□	Full ice
□□	• 60 ml cold chamomile or lavender tea • 30 ml coconut water • 22 ml fresh lemon • 15 ml honey • Splash of soda water • Fresh rosemary sprig
□□□	Lightly bruise rosemary. Build over ice: tea, coconut water, lemon, honey. Splash soda. Rosemary garnish.
□□	Rosemary sprig + lemon twist

□□□

Coconut water is the best natural electrolyte replacement available at a bar — sodium, potassium, and magnesium in bioavailable ratios. Electrolyte depletion is universal after high-cortisol periods and is one of the primary drivers of the post-stimulant crash. Rosemary contains rosmarinic acid (GABA-adjacent) and carnosic acid, a potent neuroprotective antioxidant that specifically protects dopamine neurons from the oxidative stress of the rebound period.

□□□□□□

The rosemary is structural here, not just visual. Bruise the sprig so the oils release into the drink. The rosemary aroma also activates the olfactory-memory pathway — grounding and orienting.

□ The stimulant crash is not about the substance leaving. It's about the oxidative damage to dopamine neurons in its wake. Carnosic acid in the rosemary is there specifically for that.

22. The Civilian

Looks Like a Drink. Is a Drink. That's All Anyone Needs to Know.

Social environment navigation · Sober social pressure management | Oxytocin support · Social comfort · Phenylethylamine (social bonding)

□□□	Rocks or coupe — your call
□	Your preference
□□	• 60 ml cranberry juice • 30 ml orange juice • 22 ml lime juice • 15 ml simple syrup • Top with soda water • Orange bitters 2 dashes
□□□	Build over ice or shake and strain. Either works. Serve how you like it.
□□	Orange wheel or nothing — fully optional

□□□

The Civilian is designed to look exactly like a cocktail in any social setting. The cranberry-orange-lime combination is indistinguishable from a cosmopolitan-adjacent drink. The psychological support for sober social navigation comes from the confidence of holding something that requires no explanation. Orange bitters' gentle bittering element also stimulates the bitter taste receptors that activate parasympathetic (calm) nervous system tone, reducing social anxiety.

□□□□□□

Serve this like you'd serve any drink. No commentary, no health explanation. The guest ordered a Civilian. You made them a Civilian. That's the transaction.

□ The most powerful thing about the Civilian is the conversation it doesn't require. Sometimes the protocol is social camouflage. The nervous system recovers in peace.

Supplement Continuation

Alexa · Siri · The Protocol

THE RECOVERY KERNEL

Bartender’s Friend

追加レシピページ

パス 11 · JP

Companion booklet for the next three recipe builds.

19. The Patch

The Gut-Brain Patch. Applied Orally.

Post-substance gut damage · MTHFR variant · Malabsorption | Intestinal integrity · Nutrient absorption · Inflammation load

□□□	Rocks
□	Full ice
□□	• 60 ml fresh ginger juice or strong ginger syrup • 30 ml lemon juice • 30 ml apple juice • 15 ml honey • 3 dashes Angostura bitters • Top with soda water
□□□	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
□□	Crystallized ginger on pick + lemon wheel

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Social environment navigation · Sober social pressure management | Oxytocin support · Social comfort · Phenylethylamine (social bonding)

□□□	Rocks or coupe — your call
□	Your preference
□□	• 60 ml cranberry juice • 30 ml orange juice • 22 ml lime juice • 15 ml simple syrup • Top with soda water • Orange bitters 2 dashes
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THE RECOVERY KERNEL
Bartender’s Friend

追加レシピページ

Pass 12 · JP

次の 3 つのレシピページ用の補助ブックレットです。

Alexa

□□□□□□□□□□□□□

プロフィール Social anxiety · Serotonin transport variant · SLC6A4　　ターゲット Serotonin availability · Social ease · Stress-reactivity under social load

グラス: Highball　　氷: Full ice

材料:

- 60 mL blue butterfly pea tea (or substitute with blueberry juice)
- 30 mL lemon juice
- 15 mL honey syrup
- 2 dashes lavender bitters (or Peychaud’s)
- Top with tonic water

作り方: Build over ice. Tea (it turns purple with lemon), honey, bitters. Top tonic. Watch the color shift.

飾り: Lemon wheel + edible flower if available

仕組み

Blue butterfly pea tea (or blueberry juice) provides anthocyanins that cross the blood-brain barrier and activate the BDNF pathway — brain-derived neurotrophic factor, the compound that supports neuroplasticity and the formation of new behavioral patterns. The color shift from blue to purple when lemon juice is added is a pH reaction — visually interesting, conversation-generating, and entirely appropriate for the social anxiety profile that needs an ice-breaker built into the drink itself.

バー向けメモ

If the bar has butterfly pea tea (many craft bars do), the color shift is genuinely magical and a guaranteed conversation piece. If not, blueberry juice works and is equally functional.

□ BDNF is how the brain builds new roads. Anthocyanins are the road-building crews. The person ordered Alexa because they want the new roads. Give them the ingredients.

Siri

□□□□□□□□□□□□□□□□□□□□

プロフィール Oxytocin support · Post-isolation social re-entry　ターゲット Social bonding · Oxytocin pathway · Post-withdrawal isolation

グラス: Coupe　氷: Up — chilled coupe

材料:

- 60 mL fresh watermelon juice (or pomegranate if out of season)
- 22 mL lime juice
- 15 mL honey
- 2 dashes Peychaud’s bitters
- Splash of grapefruit juice
- Shake hard

作り方: Shake all with ice. Double strain into chilled coupe. Serve up.

飾り: Dehydrated lime wheel + expressed grapefruit peel

仕組み

Watermelon contains L-citrulline, an amino acid that converts to L-arginine in the kidney, which then supports nitric oxide production — a signaling molecule that facilitates social bonding pathways and oxytocin release. Pomegranate (off-season substitute) provides punicalagins which have documented effects on cortisol reduction in social stressor studies. The elegant coupe presentation supports the social function of the drink: this is for the person re-entering the social world after isolation.

バー向けメモ

This is the most beautiful drink on the list. The deep pink-red color in a chilled coupe. Serve it with the confidence of a cocktail you're proud of. Because you are.

□ The Isolation Algorithm (Protocol 16, Protocol 25) is about rebuilding the social neural pathways that went dark. L-citrulline is a tiny biological nudge in that same direction. The beautiful glass is the rest of the protocol.

The Protocol

□□□□□□□□□□□□□□□□□□□□

プロフィール Comprehensive · Daily maintenance · All profiles　ターゲット Full-spectrum support · MTHFR + COMT + Gut + Sleep + Social

グラス: Your best glass　氷: Your preference

材料:

- 60 mL pomegranate juice
- 30 mL green tea (cold brew)
- 22 mL lemon juice
- 15 mL honey
- 2 dashes Angostura bitters
- Splash ginger beer
- Top with soda water

作り方: Build over ice. Pomegranate, tea, lemon, honey, bitters. Ginger beer splash. Top soda. Stir once. Garnish with everything you have.

飾り: Lemon wheel + mint sprig + pomegranate seeds if available

仕組み

The Protocol contains the broadest functional spectrum of any drink in this guide. Pomegranate delivers folate (methylation), resveratrol (COMT modulation), and punicalagins (cortisol reduction). Green tea delivers L-theanine (alpha-wave calm), EGCG (neuroprotective antioxidant), and catechins (gut microbiome support). Lemon delivers Vitamin C (dopamine synthesis cofactor). Honey delivers prebiotic oligosaccharides and quercetin. Bitters deliver gentian (adrenal modulation). Ginger beer delivers gingerols (gut integrity and anti-inflammation). This is the Recovery Kernel in beverage form.

バー向けメモ

This is the house recommendation when someone doesn't know what they want and isn't looking for an explanation. 'We have something that covers everything — it's called The Protocol.' Then make it like you mean it.

□ Every protocol in the main book has a biochemical target. This drink hits more of them than any other combination available at a standard bar. It's the daily maintenance stack. It's good. Order it twice.